

GP Standards of Care Resources

MICHAEL NEIL DAVISON·THURSDAY, 19 OCTOBER 2017

Your GP has a duty of care of towards you and they have a responsibility to care for you adequately.

My GIC has instructed my GP to prescribe HRT, but they refuse to do so or are refusing to take bloods.

Your GIC should write to your GP instructing them to prescribe hormones, listing exactly what they need to prescribe and what care regimen (i.e. blood work, blood pressure monitoring) is required. If your GP is refusing to abide by your GIC's recommendation, you can remind them of the NHS guidelines below. You can also try changing GPs for a more trans-friendly GP, or you can ask to be referred to an endocrinologist if your GP is refusing to monitor your hormone levels.

NHS Interim Gender Dysphoria Protocol and Service Guideline 2013/14 - <https://www.england.nhs.uk/wp-content/uploads/2013/10/int-gend-proto.pdf>

If all else fails, or if you wish to make a complaint, you can go to the Patient Advice and Liason Service (PALS) - <https://www.nhs.uk/Service-Search/P...>

My GP refuses to give me a bridging prescription

Your GP is not required to give you a bridging prescription, though some guidelines are recommending this given the current waiting times for GICs. However, if your GP is unwilling to give a bridging prescription, you can try a trans-friendly GP (hoping to build a list of those in the area) or you can try giving your GP some of the following resources/guidelines in order to hopefully change their mind.

Royal College of Psychiatrists (RC Psych) Good Practice Guidelines - http://www.rcpsych.ac.uk/files/pdfversion/CR181_Nov15.pdf

Laurels/Devon Partnership NHS Prescribing Guidelines - <https://uktrans.info/attachments/article/332/PG12-GenderDysphoriav20.pdf>

My GP is giving me a bridging prescription but will not monitor my hormones/do bloods

If your GP is prescribing they have a duty of care toward you, which includes monitoring your hormone levels. Their reluctance may be that they are not sure what to do, or they may be referring to the NHS Interim Gender Dysphoria Protocol (above) which mentions that the GIC should request that bloods be done, however the protocol was not written with bridging prescriptions in mind.

It can be scary to challenge your GP on this, as you may be worried that they will stop the bridging prescription. If your GP is refusing to monitor your hormone levels, you can ask for them to refer you to an endocrinologist for monitoring or you can refer them to the below guidelines for instructions. You can also change GP or get PALS involved.

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http://www.rcpsych.ac.uk/files/pdfversion/CR181_Nov15.pdf

Laurels/Devon Partnership NHS Prescribing Guidelines -
<https://uktrans.info/attachments/article/332/PG12-GenderDysphoriav20.pdf>

Other

If none of the above, you can also find a link to the WPATH Standards of Care Guidelines here:

WPATH Standards of Care Guidelines -
[https://s3.amazonaws.com/amo_hub_content/Association140/files/Standards%20of%20Care%20V7%20-%202011%20WPATH%20\(2\)\(1\).pdf](https://s3.amazonaws.com/amo_hub_content/Association140/files/Standards%20of%20Care%20V7%20-%202011%20WPATH%20(2)(1).pdf)

Please let me know if any of the links stop working and I will try to update them.